

Flag Football Information & Rules

Fall 2010

League Director: Lewis Holloman, Recreation Supervisor
Phone: 329-4550
Office: H. Boyd Lee Park

Team Registration:

1. League sign-ups will be taken on a first-come first-serve basis.
2. A late fee of \$30.00 will be assessed after the dead line if teams are still being accepted into the league.

Eligibility:

1. All participants must be 16 years of age and are required to pay the appropriate fees to participate.
2. In order for a player to be eligible to play, a contract must be on file in the Recreation & Parks Department by the day of the game in which one is to play. No player will be allowed to play or be under contract with more than one team in his/her league in the Greenville Recreation and Parks Department (GRPD) program. Once a player plays in one regular season game for a certain team, they may not switch teams.
3. An ineligible player will result in the forfeiture by the guilty team of any game or games in which the ineligible player participated.
4. Each roster is limited to 15 players, including manager and coaches.

Manager's Duties:

1. It shall be the duty of each manager to see that the official roster, contracts, and entry fees are delivered to the League Director as prescribed in the Flag Football Deadline and Fact Sheet.
2. Ensure all players on their team are eligible and understand the rules and regulations of the GRPD Flag Football League. Managers or team captains are the only ones to question the referee.
3. Managers are to see that all players are in the proper uniforms and that the players stay in the respected areas (between the 20-yard line markers and two yards off the sideline). Each member of the team must have a shirt alike in color and with a screen printed number on the back. All uniforms must be complete by the beginning of the 1st game. Site supervisors have the authority to forfeit a game because a team has failed to provide 5 players dressed alike.
4. Contact the GRPD staff in the event of inclement weather. (See General Information #2)
5. The manager is responsible for the conduct and behavior of the players and fans of their team.
6. It is the responsibility of the manager to contact the GRPD staff concerning the rescheduling of games.

7. To appoint two (2) team captains. One on the offense side of the ball and one for the defense side of the ball. Captains will be the only designated players to accept or decline penalties. Managers can also be the team captain.

Activity Format:

1. Each team will play 10 regular season games followed by a single elimination tournament.
2. Games will be played Monday through Thursday at H. Boyd Lee Park.

Tournament:

1. A single elimination tournament will begin immediately at the conclusion of the regular season. It is the manager's responsibility to pick up schedules or call the Athletic Office following postponed tournament games.
2. Seeding in the tournament will be determined by the standing in the regular season. In case of a tie for regular season, tournament seeding will be based on the team having the better record between the tied teams. If a tie still exists, there will be a coin toss to determine the higher tournament seed.

General Information:

1. Additions to Roster: A player must be entered on the team roster prior to participation. Additions may be made at H. Boyd Lee Park during normal office hours. No additions will be allowed during the playoffs. **An individual must be listed on the roster prior to the team's last regular season game in order to be eligible for post-season play.** A player on the roster is **not required** to play in a regular season game in order to be eligible to participate in the post-season tournament.
2. Games shall be postponed when the GRPD staff determines the field as being unplayable. Managers should contact the GRPD staff after 5 PM, and players should contact their managers. Rained out games will be made up at the end of the regular season play.
3. Schedules for the season will be ready for managers to pick up on Thursday, September 9, 2010. Games will begin Monday, September 13, 2010. Tournament playoffs will begin immediately after the regular season concludes.
4. **Games will be played at H. Boyd Lee Park.** Alcoholic beverages will not be allowed at anytime on City property. If in the opinion of the referees, the League Director, or a GRPD staff member, a player or manager/coach has been drinking and is not removed from the game and playing area after the manager of the team involved has been notified, the game will be forfeited.
5. Identification (I.D.) Required! All participants are required to show a valid picture I.D. upon request by the GRPD staff. Failure to provide valid identification will result in that participant being ineligible to participate. **THERE WILL BE NO EXCEPTIONS!!**

A game will be forfeited for the following reasons:

1. If a team fails to provide 5 legal players at the start of a game. A grace period of 5 minutes will be allowed for all games from the scheduled start time.
2. If a team or any member of a team shall impede the progress of a game.
3. Any physical contact with a referee, scorekeeper, site supervisor or any member of the GRPD staff (indefinite suspension from all City programs and services is possible).

4. The use of alcoholic beverages or illegal drugs. Alcoholic and illegal drugs will not be allowed anytime on City property. If in the opinion of the referee, the League Director, or any GRPD staff member a player or manager/coach is under the influence of illegal drugs or alcohol and is not removed from the game and playing area after the manager of the team involved has been notified, the game will be forfeit.

Flag Football Rules 2010

I. Governing Rules

Play will be governed by the National Intramural-Recreational Sports Association (NIRSA) Flag Football Rules. The following are modifications and highlights of these rules.

II. Equipment

- A. No protective equipment may be worn: i.e. helmets, shoulder pads or hip pads. All protective medical materials (tape, pads, etc.) must be approved by the Game Official.
- B. Molded cleats or tennis shoes are the only allowable footwear. **NO METAL, SCREW IN OR METAL TIPPED CLEATS ARE ALLOWED.** Shoes must be worn at all times.
- C. Shirts must be worn with tails tucked inside pants. Jerseys which have been altered in any manner, which produces a knot like protrusion or creates a tear-away jersey, are illegal.
- D. **NO BELT LOOPS OR POCKETS ARE ALLOWED ON PANTS.** Pants must be a different color than the flags.
- E. All teams must check out flags WITH A VALID I.D. from the Site Supervisor at the field. Only flags supplied by GRPD staff may be used.
- F. GRPD shall provide a game ball.
- G. The use of headgear (including hats), **JEWELRY**, body pads or any unyielding or dangerous equipment is **prohibited**. Headwear containing any exposed knots, such as bandannas, is illegal. Should there be question regarding the legality of any equipment, the Referee will make the final ruling.

III. First Downs

- A. A first down is awarded to a team whenever they advance the ball across the next 20-yard marker. Four downs will be allowed to complete the task.
- B. Only one first down per series of possession can be obtained at each 20-yard marker.

IV. Timing

- A. A game shall consist of two 22-minute halves with running time.
- B. **Stop timing will be used during the last 2 minutes of the second half**, at which the time clock will stop on all whistles other than deflagging. **Teams shall be notified at the beginning of the 2-minute period.**
- C. **During the 22 minutes of the first half, and first 20 minutes of the second half the clock will stop only for a team or official time out.**
- D. The clock will run during a P.A.T. attempt (except in the final 2 minutes of the second half).
- E. Each team is allowed two 60-second time outs per half.
- F. After a stopped clock, time will begin at the snap of the ball, unless in the final 2 minutes of the second half as dependent on the previous play. When a team is awarded a new series in the final 2 minutes of the second half, the clock starts on the snap.
- G. Once the ball is marked ready for play, a team has 25 seconds within which to snap the ball.
- H. Half time shall be 3 minutes in duration.
- I. A team may defer its toss option to the second half.

- J. Once a team captain declares a punt or makes a choice of going for a 1, 2 or 3 point conversion after scoring a touchdown, he/she may change the decision only if a charged time out is granted to either team.
- K. **The Backfield Referee is the Official Timer**

V. Players

- A. Only seven players per team are allowed on the field at a time. A minimum of five players is necessary to begin and continue play.
- B. The offense must have at least four players on the offensive line of scrimmage.
- C. All plays must originate with a snap from center. This snap must be received at least 2 yards behind the offensive scrimmage line. The snap does not need to be made between the legs of the snapper.
- D. Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to or away from the line of scrimmage. A player may go in motion from the line but IS NOT considered to be a player on the line.
- E. After the ball is ready-for-play, each player of the offensive team must momentarily be within 15 yards of the ball prior to the snap before moving closer to the sideline.
- F. No defensive player may be closer than 1 yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped.
- G. Offensive players are responsible for helping retrieve the ball after a down has ended.
- H. All players not in the game, and spectators, must remain between the 20-yard line markers and two yards off the sideline.

VI. Carrying the Ball

- A. A ball carrier may not deliberately guard their flags. "Spinning" or jumping to avoid being deflagged is legal. Actions such as slapping with the hand or stiff-arming are examples of flag guarding.
- B. A ball carrier may not hurdle a player to avoid deflagging.
- C. **If a player inadvertently loses their flags** or it is pulled by the opposition before gaining possession of the ball, the play will continue and **the player must be downed by a one hand touch, between the shoulder and knees, including the hand and arm.**
- D. A player will be ruled "down" when any part of the body other than the hand or foot touches the ground.
- E. The defender may not hold or tackle the runner while deflagging the ball carrier.
- F. A fumbled or muffed ball is dead when it strikes the ground.
- G. When an inadvertent whistle occurs, the offensive team will have the option of taking the play with the ball spotted at its location when the whistle blew or replay the down. If the ball is loose following a backward pass or fumble, the team will have the option of taking the ball at the spot where possession was lost or replay the down. During a legal forward pass or any kick, if an inadvertent whistle occurs, the ball is returned to the previous spot and the down replayed.
- H. It is illegal to attempt to steal a ball in player possession. The object of the game is to de-flag a ball carrier, not steal the ball.
- I. In pulling a flag and/or touching a ball carrier, a defender's feet MAY leave the ground. Diving **IS** legal by defensive or offensive players however, the diving player is still responsible for any contact which they initiate.

VII. Blocking & Rushing

- A. No part of the body except the feet shall be in contact with the ground and the feet must remain on the ground for the duration of the block.
- B. Blocking will be by SCREENING ONLY. That is, a blocker must hinder a defender's movement through positioning rather than body contact.
- C. During a block, the body must remain upright with elbows and hands touching the body at the side or behind the back.
- D. While incidental contact may occur, blocking/rushing penalties will be called against the player who initiates contact.
- E. The defense may not use hands, arms, or legs as a wedge to gain an advantage over a blocker.

VIII. Passing

- A. A forward pass may be thrown from any point behind the line of scrimmage.
- B. All incomplete backward passes shall be marked down at the point of ground contact.
- C. Only 1 forward pass may be attempted from behind the line of scrimmage on a given play.
- D. A forward pass is illegal if:
 - 1. It is thrown from beyond the line of scrimmage.
 - 2. It is intentional grounding.
 - 3. It is thrown after a change of possession.
 - 4. The passer catches his/her untouched forward/backward pass.
 - 5. It is the second forward pass during a play.
- E. All players except the passer are eligible to receive a pass.
- F. A player must have complete possession of the ball and land with the first part of their body inbounds, normally one foot, to be a legal reception.
- G. A pass intercepted in the end zone may be advanced.
- H. If the passer is deflagged prior to releasing the ball, the ball is dead at that spot and the down has ended.
- I. If an offensive player goes out-of-bounds on their own violation and returns inbounds, it is an illegal participation foul.
- J. Roughing the Passer -- Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

IX. Kicking

- A. **There will no longer be any kickoffs or free kicks. Possessions beginning a new half will begin on the 15-yard line.**
- B. Following any touchdown, the ball shall be placed on the 15-yard line, possession being given to the opponent of the scoring team. Following a safety, the ball shall be placed on the 15-yard line with possession belonging to the team who just scored the safety.
- C. On each fourth down, the offense must announce when the ball is marked ready-for-play whether or not they will kick. Once the decision is made, it cannot be changed except through the use of a charged time-out. If a kick is to be made, the following procedures must be followed.
 - 1. The offense (no requirements for the defense) must have a minimum of 4 players on their line of scrimmage.

2. The kicker must receive the snap at least two yards behind the center as for any other scrimmage play. The kicking motion must begin with 5 seconds of receiving the snap.
 3. Delay in the kicking motions will result in a delay of game penalty.
 4. Players of the kicking or receiving team may not advance beyond their respective scrimmage lines until the ball is kicked. The receiving team may attempt to block the kick after it crosses their scrimmage line.
 5. Once the ball is punted, **any R player** may block the kick. If a player on the kicking team catches the kick behind the receiving team's line of scrimmage they may advance.
- D. The kicking team may catch, touch, muff or bat a punt in flight beyond their line of scrimmage if no receiving team player is in position to catch the ball.
- E. A ball, which goes into the end zone from the impetus of the kick, is no longer dead. It may be run out of the end zone. If the ball is not brought out of the end zone, it shall be a touchback.

X. Scoring

- A. Point values will be as follows:
1. Touchdown: 6 points
 2. Safety: 2 points
 3. PAT from 3 yard line: 1 point
PAT from 10 yard line: 2 points
PAT from 20 yard line: 3 points
 4. Defensive player returning intercepted pass on a PAT for a score: 3 points
- B. Touchdown verification - The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not deflagged with one pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified and it is a foul.
- C. Mercy Rule - If a team is 19 or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over. If a team scores during the last minute of the second half and that score creates a point differential of 19 or more the game shall end at that point.

XI. Tie Breaker

Should a game end with a tie score, the following system shall be used:

- A. Coin toss with the following options.
1. Offense or defense
 2. Goal - Both teams will use the same goal on offense.
- B. Each team is allowed a series of 4 downs in which to score from the 10-yard line. A series is ended by:
1. Scoring a touchdown, PAT is attempted; if needed.
 2. Interception - If touchdown is made, PAT is attempted; if needed. If no touchdown, they begin their 4 down series if available.
- C. If the score still remains tied, each team will have another 4 down series with the opposite team having 1st option of offense or defense. This type of play will continue until a winner is determined.

XII. Penalties

- A. The offended team may have its choice of the penalty or the result of the play.

- B. When both teams commit an infraction during the same live ball period, regardless of the severity, the down is automatically replayed, provided there is no change of possession. If an ejection is warranted, this may occur even though no yardage is assessed.
- C. When a live ball and dead ball penalty occurs, each is handled on its own merit, regardless whether the penalties are on the same or opposing teams.
- D. All unsportsmanlike conduct penalties are penalized as a dead ball foul.
- E. If a fight occurs on the playing field, all team substitutes are to remain in their team box. If a substitute enters the field to observe, separate participants, become involved in the fight, or whatever, he/she will be disqualified and a 10-yard unsportsmanlike conduct penalty will be enforced from the succeeding spot. Each individual substitute who enters illegally will be disqualified and penalized. Entering substitutes who are on the field for substitution purposes before the fight will not be penalized for being there if they do not participate in the fight.
- F. The second unsportsmanlike conduct penalty by the same player or non-player results is disqualification.
- G. Live ball fouls committed by either team after Team B (the team on defense at the start of the down) gains possession during a try or overtime shall be enforced at the succeeding spot (where the ball will next be snapped or free kicked).
- H. Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement which occurs prior to the “ready for play” signal shall be administered before setting the zone line-to-gain down box for a new series.
- I. Establishing a Zone Line-to-Gain- Penalties for fouls with succeeding spot enforcement, which occur after the ready for play signal shall be administered AFTER setting the zone line-to-gain box for a new series.
- J. Loose Ball Play. Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred (“tack on”).
- K. Safety/Goal Line. For a defensive foul, if the enforcement spot which is now the basic spot, is on or behind the offended team’s goal line any measurement is from the succeeding spot.

Five Yard Penalties

- Improper equipment
- Encroachment
- Illegal substitution
- Illegal formation, motion, shift, snap, or procedure
- Helping the runner
- Delay of game
- False start
- Illegal position (offensive player not within 15 yards of the ball)

Ten Yard Penalties

- Kick catch interference
- Illegal participation
- Hurdling
- Protecting the flag
- Illegal removal of flag
- Illegal use of hands, arms, legs or body
- Unsportsmanlike conduct
- Unnecessary roughness
- Tackling the runner (automatic disqualification)

- Fighting (an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football) includes acts such as attempting to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), whether or not there is contact (automatic disqualification)
- Intentionally contacting a game official physically (automatic disqualification)
- Defensive pass interference, plus automatic first down (if intentional or flagrant, the team may be penalized an additional 10 yards)
- Roughing the passer, plus automatic first down
- Steal or attempt to steal ball from ball carrier
- Consecutive encroachments in the same interval between downs
- Illegally secured flag belt (if by Team A will also result in player disqualification and loss of down, if by Team B will also result in player disqualification and automatic first down)
- UNFAIR ACTS

Loss of Down Penalties

- Illegally handing ball forward (5 yards)
- Illegal forward pass (5 yards)
- Offensive pass interference (10 yards)
- Illegally secured flag belt on a touchdown by Team A (also disqualification)
- Illegal backward pass

2010 CO-REC FLAG FOOTBALL RULE MODIFICATIONS

1. Co-Rec Teams consist of four (4) males and four (4) females. A team may play with uneven numbers of men and women so long as the number of either gender does not exceed four (4). A minimum of six (6) players are needed to begin and continue play.
2. During the offensive team's possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead must be beyond the offensive team's scrimmage line. This rule also applies to the try-for-point. Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed forward pass is released, and a loss of down. Any penalty, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed".
3. Male ball carriers are prohibited from advancing the ball across the offensive line of scrimmage prior to the ball being beyond the offensive team's scrimmage line (this rule does not apply after a change of possession). Penalty: Illegal Procedure, 5 yards from the previous spot.
4. **If a female or a male completes a forward pass to a male receiver behind the offensive team's scrimmage line and he runs beyond the scrimmage line, it is an illegal forward pass.**
5. The regular, intermediate, junior or youth size football may be used. The offensive team is responsible for getting the desired ball in play.
6. The offensive team must have (5) players on the line of scrimmage, including the snapper. If a player is in motion, they are not considered to be on the line of scrimmage.

7. During a punt, the offense must have five (5) players on the line of scrimmage. Players can not advance beyond the scrimmage line until the ball is kicked. Males may advance the ball on a punt.
8. The NIRSA tie game procedure will be used. Refer to 2002 GRPD Flag Football rules for detailed information.
9. **If a female player scores a touchdown, the point value is nine. If a female player throws a legal forward pass and the end result of the play is a touchdown for that team, the point value is nine.** All other touchdowns will score six points.
10. If at, or following, the two (2) minute warning in the 2nd half one team is ahead by 25 or more points, they will be declared the winner and the contest will end.

Exaggeration